

Storage Tips

Apples: Store in the crisper drawer of the refrigerator.

Cantaloupe: Whole, ripe honeydew melons can be stored in the refrigerator. Once cut, honeydew should be sealed in an airtight container or wrapped tightly and stored in the refrigerator.

Lettuce: Pat the lettuce dry with a paper towel. Wrap lettuce in a paper towel & store in an airtight plastic contain (you can use a plastic bag too). Store in the refrigerator.

Mushrooms - Prepackaged mushrooms should stay in the package, but loose mushrooms or those in an open package should be stored in a paper bag or in a damp cloth bag in the refrigerator. Do not place in plastic bag.

Potatoes - Store in a well-ventilated area so they stay fresh longer. Do not refrigerate. Place them in a metal basket or rack, a wooden crate or a cardboard box with holes. Keep out of sunlight & in a cool, dark & slightly humid place, like a basement, unheated closet or cupboard.

Red Peppers - Store in plastic bag in the crisper drawer of refrigerator. To freeze: slice or chop peppers, spread in a single layer on cookie tray and freeze, then promptly place in airtight containers or heavy-duty freezer bags and return to freezer.

Squash: Store squash in a cool, dry place. Cut squash should be tightly wrapped in plastic wrap and refrigerated.

Honeycrisp Salad

*1/2 cup olive oil *1/4 cup apple cider vinegar *1/4 cup unsweetened apple juice or apple cider *2 to 3 Tbsp. honey *1 Tbsp. lemon juice
* 1/2 tsp. salt *salt & black pepper, to taste
*2-3 medium Honeycrisp apples (about 1 pound), thinly sliced *juice of 1/2 lemon
*12 ozs. romaine *1 cup pecan halves, toasted or candied *3/4 cup dried cranberries or dried cherries
*4 ounces crumbled blue cheese

To prepare Apple Vinaigrette, measure oil, apple cider vinegar, apple juice/cider, honey, lemon juice, salt & pepper into a mason jar. Tightly screw on lid & shake vigorously until everything is thoroughly combined. Alternatively, you may briskly whisk the ingredients together in a medium bowl, or blend them in a blender or mini food processor. Place apple slices in a large plastic baggie & squeeze the fresh lemon juice (from the lemon half) over them. Close bag & shake to coat. In a large salad bowl, layer salad greens, apple slices, pecans, dried cranberries & blue cheese. Just before serving, dress with desired amount of Apple Cider Vinaigrette & toss until salad ingredients are evenly coated.

Easy Roasted Butternut Squash

*1 butternut squash, peeled, seeded & cut into 1/2 inch cubes *2 Tbsp. olive oil *2 cloves garlic, minced *salt & pepper to taste
Preheat oven to 400 degrees. Toss squash with olive oil & garlic in a large bowl. Season with salt & pepper. Arrange coated squash on a baking sheet. Roast in the preheated oven until squash is tender & lightly brown; 25-30 minutes.

Butternut Squash & Pepper Soup

*1 butternut squash, peeled & cubed *2-3 peppers, cut into cubes *1 onion, chopped *4 cloves garlic *1/4 cup olive oil *1 tsp. salt *1 tsp. smoked paprika *1/4 tsp. red pepper flakes *1/4 tsp. pepper *8 cups veggie stock or water *1/2 cup pecans, roughly chopped & toasted (optional)
Preheat oven to 400 degrees & line a baking sheet with parchment or foil. Peel & cube the butternut squash, then roughly chop the bell peppers & onion. Add the whole cloves of unpeeled garlic. Drizzle everything with 1/4 cup of olive oil, then sprinkle with salt, paprika, red pepper flakes & black pepper. Use your hands to toss everything well. Place in the oven & bake for 30-40 minutes or so, until the squash is tender. Remove vegetables from the oven & pick out the garlic cloves. Squeeze the garlic out of its peels & add it to the vegetable mix. Puree the vegetables in batches until smooth, then add to a large stock pot (or, alternatively, add the vegetables directly to your stock pot and use an immersion blender to puree them). Add in a cup of water at a time, stirring after each addition, until the soup is the consistency that you prefer. Heat the soup over medium until warmed through. Taste & adjust seasonings as needed. If you want to toast your pecans, place them in a dry skillet & cook over medium heat, tossing occasionally, until lightly golden and aromatic. Divide your soup among your bowls & sprinkle with a bit of the toasted pecans & some chives, if you like. This soup will keep well in an airtight container in the refrigerator for up to 5 days, or frozen for up to 5 months.

Mushroom, Pepper & Potato Hash

3-4 medium potatoes diced into tiny pieces, about 1/2" *1 medium yellow onion chopped small *1 large bell pepper, chopped small *4 ounces white button mushrooms sliced *1 1/2 tsp. salt *1 tsp. pepper
Place onion to the pan & cook for a few minutes, until it has softened. Add the potatoes to the skillet, season with 1 tsp. salt *1/2 teaspoon pepper & then stir. Press into the bottom of the pan & let cook undisturbed for 5-6 minutes. Stir & repeat 2-3 times until the potatoes are soft & slightly crispy & the onions are browned & crisp on the edges. Add the peppers to the skillet, stir & cook a minute or two, until the start to soften. Add the mushrooms, stir & season with the remaining salt & pepper to taste. Cook until the mushrooms are tender.



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Cantaloupe & Romaine with Balsamic Vinegar Dressing

*5-6 cups romaine lettuce *1/4 cup minced onions *1/4 cup pumpkin seeds, sunflower seeds or pine nuts *2 cups cantaloupe, balls or cubes *pepper to taste
DRESSING: *1/2 cup olive oil *1/4 cup diced onion *1/4 cup balsamic vinegar *2 Tbsp. red wine vinegar *2 Tbsp. brown sugar
Prepare salad dressing; in a small saucepan over low heat, heat the 1/2 cup olive oil & add 1/4 cup onions. Cook about 10 minutes or until onions are transparent & lightly golden. Remove onion from oil with slotted spoon. Increase heat to medium-high. Add 1/4 cup balsamic vinegar & the 2 Tbsp. red wine vinegar & bring to a boil. Boil 1 minute. Carefully add the 2 Tbsp. brown sugar (It may splatter) Boil one minute more, Add 1/2 the onions. (Save remaining for another use.) Cool & store dressing in Refrigerator until ready to use. In a large Salad bowl, mix greens, onion & cantaloupe balls or cubes. Add dressing a little at a time & toss. Add pepper & enjoy.